

FIG. 1

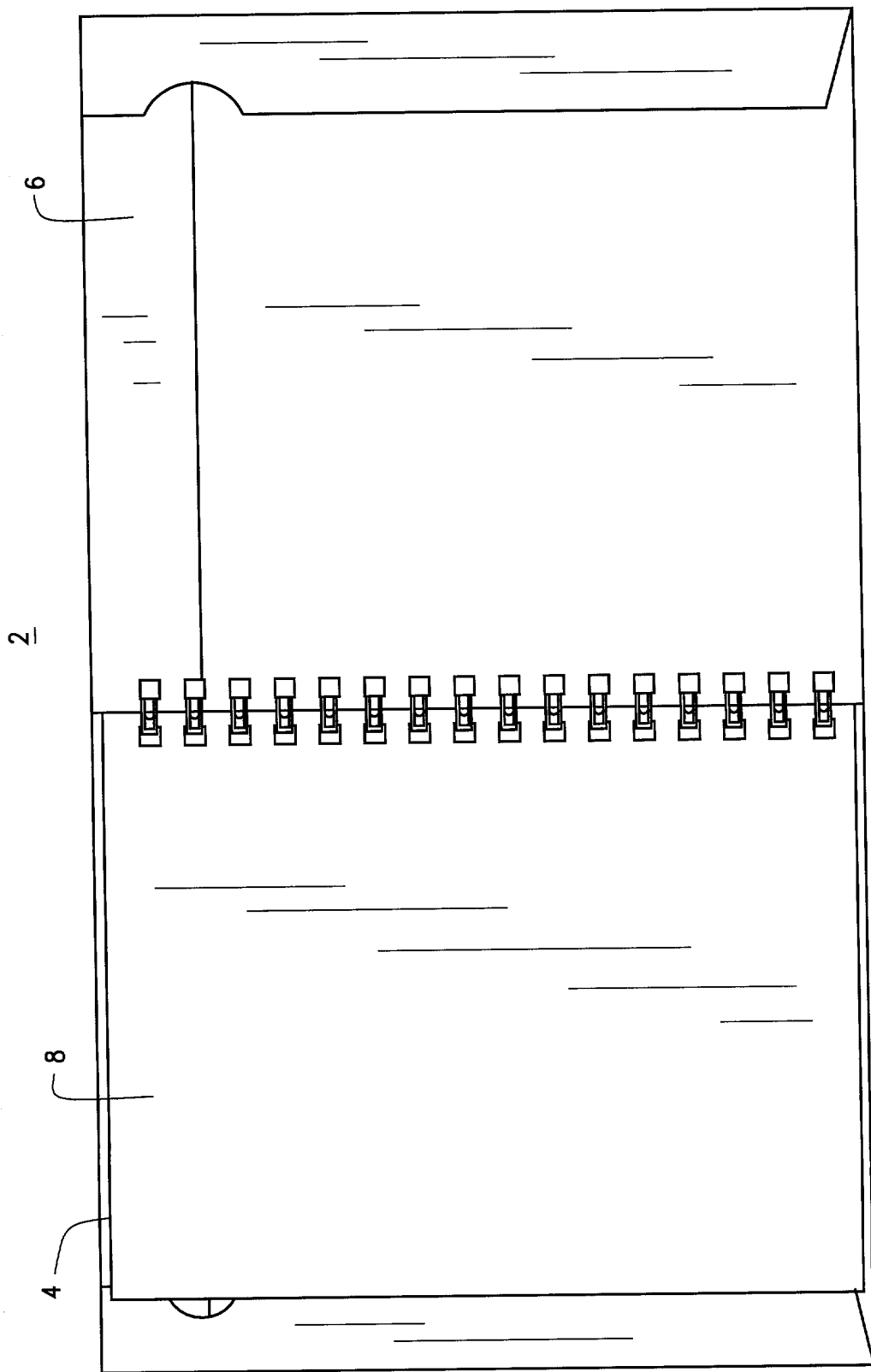


FIG. 2

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FRUIT

APPLE JUICE OR CIDER	1/2 CUP
APPLE, SMALL	1 (4 OZ)
APPLES, DRIED	4 RINGS
APPLESAUCE, UNSWEETENED	1/2 CUP
APRICOTS, CANNED	1/2 CUP
APRICOTS, DRIED	8 HALVES
APRICOTS, FRESH	4 WHOLE (5 1/2 OZ)
BANANA, SMALL	1 (4 OZ)
BLACKBERRIES	3/4 CUP
CANTALOUPE, SMALL	3/4 CUP
CHERRIES, SWEET, CANNED	1/3 MELON OR 1 CUP CUBES
CHERRIES, SWEET, FRESH	1/2 CUP
CRANBERRY JUICE COCKTAIL	12 (3 OZ) 1/3 CUP
DATES	1/3 CUP
FRUIT COCKTAIL	3
FRUIT JUICE BLENDS, 100% JUICE	1/2 CUP
GRAPE, JUICE	1/3 CUP
GRAPEFRUIT JUICE	1/3 CUP
GRAPEFRUIT, SMALL	1/2
GRAPES, SMALL	17 (3 OZ)
HONEYDEW, MELON	10 OZ SLICE OR 1 CUP CUBES

FIG. 3

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KIWI	1 (3 1/2 OZ)
MANDARIN ORANGES, CANNED	3/4 CUP
NECTARINE, SMALL	1 (5 OZ)
ORANGE JUICE	1/2 CUP
ORANGE, SMALL	1 (6 1/2 OZ)
PEACH, MEDIUM, FRESH	1 (6 OZ)
PEACHES, CANNED	1/2 CUP
PEAR, LARGE, FRESH	1/2 (4 OZ)
PEARS, CANNED	1/2 CUP
PINEAPPLE JUICE	1/2 CUP
PINEAPPLE, CANNED	1/2 CUP
PINEAPPLE, FRESH	3/4 CUP
PLUMS, SMALL	2 (5 OZ)
PRUNE JUICE	1/3 CUP
RAISINS	2 TBSP
RASPBERRIES	1 CUP
STRAWBERRIES	1 3/4 CUP
	WHOLE BERRIES
TANGERINES, SMALL	2 (8 OZ)
WATERMELON	13 OZ SLICE OR 1 1/4 CUP CUBES

FIG. 4

MILK

BUTTERMILK, NONFAT OR LOW-FAT	1 CUP
MILK, 1/2%	1 CUP
MILK, 1%	1 CUP
MILK, 2%	1 CUP
MILK, EVAPORATED SKIM	1/2 CUP
MILK, EVAPORATED WHOLE	1/2 CUP
MILK, GOAT'S	1 CUP
MILK, NONFAT DRY	1/3 CUP DRY
MILK, SKIM	1 CUP
MILK, SWEET ACIDOPHILUS	1 CUP
MILK, WHOLE	1 CUP
YOGURT, NONFAT OR LOW-FAT FRUIT-FLAVORED, SWEETENED WITH ARTIFICIAL SWEETENER	1 CUP
YOGURT, NONFAT PLAIN	3/4 CUP
YOGURT, PLAIN LOW-FAT	3/4 CUP

FIG. 5

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STARCH

ANIMAL CRACKERS	8
BAGEL	1/2 (1 OZ)
BAKED BEANS	1/3 CUP
BEANS, DRIED, COOKED	1/2 CUP
BISCUIT, 2 1/2" DIAMETER	1
BREAD STICKS, CRISP (4"x1/2")	2 (2/3 OZ)
BREAD, REDUCED CALORIE	2 SLICES (1 1/2 OZ)
BREAD	1 SLICE (1 OZ)
BUN, HOT DOG OR HAMBURGER	1/2
CEREALS, COOKED	1/2 CUP
CEREALS, UNSWEETENED, READY-TO-EAT	1/2 CUP
CORN ON THE COB, MEDIUM EAR	1 (5 OZ)
CORN	1/2 CUP
CORNMEAL, DRY	3 TBSP
ENGLISH MUFFIN	1/2
FLOUR, DRY	3 TBSP
GRAHAM CRACKERS, 2 1/2" SQUARE	3
GRITS, COOKED	1/2 CUP
MELBA TOAST	4 SLICES
OATS, COOKED	1/2 CUP
OYSTER CRACKERS	24
PANCAKE, 4" DIAMETER	2
PASTA, COOKED	1/2 CUP

FIG. 6

PEAS, DRIED, COOKED	1/2 CUP
PEAS, GREEN	1/2 CUP
PITA, 6" DIAMETER	1/2
POPCORN, POPPED	3 CUPS
POTATO, BAKED OR BOILED	1 SMALL (3 OZ)
POTATO, MASHED	1/2 CUP
PRETZELS	3/4 OZ
RAISIN BREAD, UNFROSTED	1 SLICE (1 OZ)
RICE CAKES, 4" DIAMETER	2
RICE, WHITE OR BROWN, COOKED	1/3 CUP
ROLL, PLAIN, SMALL	1 (1 OZ)
SALTINE-TYPE CRACKERS	6
SNACK CHIPS, FAT-FREE	15-10 (3/4 OZ)
SQUASH, ACORN, BUTTERNUT	1 CUP
TORTILLA, CORN 6" DIAMETER	1
TORTILLA, FLOUR, 8" DIAMETER	1
WAFFLE, 4 1/2" SQUARE	1
YAM/SWEET POTATO, PLAIN	1/2 CUP

FIG. 7

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VEGETABLE

*SERVING SIZES ARE:

- 1/2 CUP OF COOKED VEGETABLES
- 1/2 CUP VEGETABLE JUICE
- 1 CUP RAW VEGETABLES

ARTICHOKE
 ARTICHOKE HEARTS
 ASPARAGUS
 BEAN SPROUTS
 BEANS (GREEN, WAX, ITALIAN)
 BEETS
 BROCCOLI
 BRUSSEL SPROUTS
 CABBAGE
 CARROTS
 CAULIFLOWER
 CELERY
 CUCUMBER
 EGGPLANT
 GREEN ONIONS
 GREENS (COLLARD, KALE, MUSTARD, TURNIP)
 KOHLRABI
 LEEKS

FIG. 8

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MIXED VEGETABLES (WITHOUT CORN, PEAS)
 MUSHROOMS
 OKRA
 ONIONS
 PEA PODS
 PEPPERS (ALL VARIETIES)
 RADISHES
 SALAD GREENS (ENDIVE, LETTUCE, ROMAINE)
 SAUERKRAUT
 SCALLIONS
 SPINACH
 SUMMER SQUASH
 TOMATOES, FRESH, CANNED, SAUCE, PASTA
 TURNIPS
 WATER CHESTNUTS
 WATERCRESS
 ZUCCHINI

FIG. 9

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FAT

AVOCADO, MEDIUM	1/8 (1 OZ)
BACON, COOKED	1 SLICE (20 SLICES/LB.)
BACON, GREASE	1 TSP
BUTTER, REDUCED FAT	1 TBSP
BUTTER, STICK	1 TSP
BUTTER, WHIPPED	2 TSP
COCONUT, SWEETENED, SHREDDED	2 TBSP
CREAM CHEESE, REDUCED FAT	2 TBSP (1/2 OZ)
CREAM CHEESE, REGULAR	1 TBSP (1/2 OZ)
CREAM	2 TBSP
HALF AND HALF	2 TBSP
LARD	1 TSP
MARGARINE, 30% TO 50%	
VEGETABLE OIL	1 TBSP
MARGARINE, STICK, TUB OR SQUEEZE	1 TSP
MAYONNAISE, REDUCED-FAT	1 TBSP
MAYONNAISE, REGULAR	1 TSP
NUTS, ALMONDS, CASHEWS	6 NUTS
NUTS, WALNUTS, ENGLISH	4 HALVES
OIL, CANOLA, CORN, SAFFLOWER, SOYBEAN, OLIVE, OR PEANUT	1 TSP
OLIVES, GREEN STUFFED	10 LARGE
OLIVES, RIPE (BLACK)	8 LARGE

FIG. 10

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PEANUT BUTTER, SMOOTH OR CRUNCHY	2 TSP
PEANUTS, DRY ROASTED	10 NUTS
PECANS	4 HALVES
SALAD DRESSING, REDUCED-FAT	2 TBSP
SALAD DRESSING, REGULAR	1 TBSP
SEED, PUMPKIN, SUNFLOWER	1 TBSP
SESAME SEED	1 TBSP
SHORTENING	1 TSP
SOUR CREAM, REDUCED-FAT	3 TBSP
SOUR CREAM, REGULAR	2 TBSP

FIG. 11

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MEATS & MEAT SUBSTITUTES

BEEF (CORNEB BEEF, GOUND, ORGAN MEATS, ROAST, SHORT RIBS, STEAK, TENDERLOIN) LEAN, TRIMMED OF FAT	1 OZ
CHEESE	1 OZ
CHICKEN, WHITE OR DARK MEAT	1 OZ
CORNISH HEN, NO SKIN	1 OZ
COTTAGE CHEESE, NONFAT OR LOW-FAT	1/4 CUP
EGG SUBSTITUTES, PLAIN	1/4 CUP
EGG WHITES	2
EGG, WHOLE	1
FISH (COD, FLOUNDER, HADDOCK, HALIBUT, TROUT), FRESH OR FROZEN	1 OZ
GAME (DUCK, GOOSE, PHEASANT, VENISON, BUFFALO, OSTRICH, RABBIT)	1 OZ
HERRING (UNCREAMED OR SMOKED)	1 OZ
HOT DOGS	1 OZ
LAMB (ROAST, CHOP, LEG)	1 OZ
LUNCHEON/DELI MEATS	1 OZ
OYSTERS	6 MEDIUM

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PORK (CHOP, CUTLET, GROUND, HAM, ORGAN MEATS, ROAST, STEAK, SPARERIBS, TENDERLOIN), LEAN	1 OZ
SARDINES (CANNED)	2 MEDIUM
SAUSAGE (BRATWURST, ITALIAN, KNOCKWURST, POLISH, SMOKED)	1 OZ
SAUSAGE, 1 GRAM FAT/OZ OR LOWER	1 OZ
SHELLFISH (CLAMS, CRAB, LOBSTER, SCALLOPS, SHRIMP, IMITATION SHELLFISH)	1 OZ
SOY MILK	1 CUP
TOFU	4 OZ OR 1/2 CUP
TUNA, FRESH OR CANNED (DRAINED)	1 OZ
TIRKEY, WHITE MEAT, NO SKIN	1 OZ

*LIMIT HIGH-FAT MEATS (E.G. PORK SPARERIBS,
GROUND PORK, ALL SAUSAGE, OR OTHER MEATS
WITH 8 GRAMS FAT/OZ OR MORE) AND HIGH-FAT
CHEESES (E.G. AMERICAN, CHEDDAR, MONTEREY
JACK, SWISS) TO 3 SERVINGS PER WEEK OR
LESS

FIG. 12

FIG. 13

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FREE FOODS

*FOODS WITH A SERVING SIZE LISTED ARE
LIMITED TO 3 SERVINGS PER DAY

BOUILLON, BROTH CONSOMME
CANDY OR MINTS, SUGAR-FREE 1 CANDY
CATSUP 1 TBSP
CLUB SODA
COCOA POWDER, UNSWEETENED 1 TBSP
COFFEE
CREAM SHEESE, FAT-FREE 1 TBSP
CREAMERS, NONDAIRY, LIQUID 1 TBSP
CREAMERS, NONDAIRY, POWDERED 2 TSP
DRINK MIXES, SUGAR-FREE
FLAVORING EXTRACTS
GELATIN, SUGAR FREE OR UNFLAVORED
GUM, SUGAR-FREE
HORSERADISH
HOT PEPPER SAUCE
JAM OR JELLY, LOW-SUGAR 2 TSP
LEMON OR LIME JUICE
MARGARINE, FAT-FREE 4 TBSP

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MARGARINE, REDUCED FAT 1 TSP
MAYONNAISE, FAT FREE 1 TBSP
MAYONNAISE, REDUCED-FAT 1 TSP
MUSTARD
NONSTICK COOKING SPRAY
PICKLES, DILL 1 1/2 LARGE
SALAD DRESSING, FAT-FREE, ITALIAN 2 TBSP
SALAD DRESSING, FAT-FREE 1 TBSP
SALSA 1/4 CUP
SOFT DRINKS, SUGAR-FREE
SOUR CREAM, FAT-FREE 1 TBSP
SOY SAUCE
SPICES OR HERBS, FRESH OR DRIED
SUGAR SUBSTITUTES
SYRUP, SUGAR-FREE 2 TBSP
TACO SAUCE 1 TBSP
TEA
TONIC WATER, SUGAR-FREE
VINEGAR
WHIPPED TOPPING, REGULAR OR LIGHT 2 TBSP
WINE, USED IN COOKING
WORCESTERSHIRE SAUCE

FIG. 14

FIG. 15

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DAILY INSTRUCTIONS

1. BEGIN EACH DAY WITH ALL OF YOUR EXCHANGE CARDS IN THE FRONT POCKET.
2. AFTER EACH MEAL AND SNACK, CALCULATE HOW MANY OF EACH EXCHANGE WAS CONSUMED AND MOVE THOSE CARDS TO THE BACK POCKET.
3. REMEMBER TO RETURN ALL OF THE EXCHANGE CARDS TO THE FRONT POCKET AT THE START OF EACH DAY.

OTHER REMINDERS:

- * CHECK YOUR FEET DAILY.
- * NEVER GO BAREFOOT OR WEAR OPEN TOED SHOES
- * GET ANNUAL EYE EXAMS BY OPTOMETRISTS OR OPHTHALMOLOGISTS.
- * FOLLOW YOUR HEALTH CARE PROVIDER'S INSTRUCTIONS FOR ROUTINE PHYSICAL EXAMS, BLOOD TESTS AND OTHER PROCEDURES.

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NUMBER OF EXCHANGES
FOR EACH CALORIE DIETS

EXCHANGES	1200	1500	1800	2000	2200
STARCH	4	6	8	9	11
MEAT**	5	5	5	6	6
VEGETABLE	3	3	4	5	5
FRUIT	3	3	4	4	4
MILK	2	3	3	3	3
FAT*	4	5	6	7	8

*BASED ON A DIET SUPPLYING APPROXIMATELY 30% OF THE KCALORIES AS FATS.

**BASED ON LEAN AND MEDIUM-LEAN MEATS OR MEAT SUBSTITUTES.

FIG. 16

FIG. 17

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SAMPLE MENU FOR AN 1800 CALORIE DIET

BREAKFAST			
FRUIT	1 EXCH	FAT	2 EXCH
MILK	2 EXCH	MEAT	1 EXCH
STARCH	2 EXCH		
MORNING SNACK			
FRUIT	1 EXCH		
LUNCH			
FRUIT	1 EXCH	FAT	1 EXCH
MILK	1 EXCH	MEAT	2 EXCH
STARCH	2 EXCH	VEGETABLE	2 EXCH
AFTERNOON SNACK			
STARCH	1 EXCH		
SUPPER			
FRUIT	1 EXCH	FAT	2 EXCH
MILK	1 EXCH	MEAT	2 EXCH
STARCH	2 EXCH	VEGETABLE	2 EXCH
EVENING SNACK			
STARCH	1 EXCH	FAT	1 EXCH

FIG. 18

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ABBREVIATIONS

#	NUMBER
#"	NUMBER OF INCHES
E.G.	FOR EXAMPLE
EXCH	EXCHANGE
LB	POUND (16 OUNCES)
OZ	OUNCE
TBSP	TABLESPOON
TSP	TEASPOON

FIG. 19

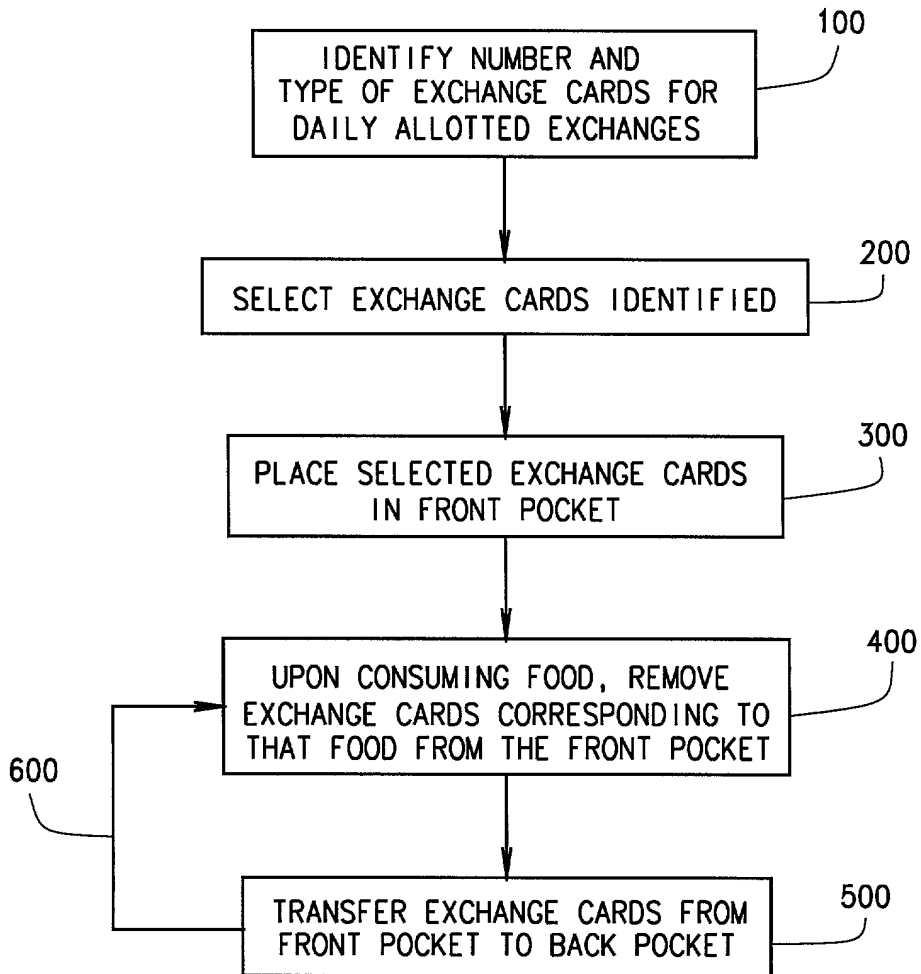


FIG. 20